



Managing Stress

Long hours? Tight deadlines? Heavy workload? Any (or all!) of these scenarios directly impact your stress levels. Stress is a feeling of emotional or physical tension, and often occurs in difficult or challenging situations. These situations can present themselves at work, home or in social settings. Successful stress management involves controlling and reducing tension by making emotional and physical changes.

Start Managing Your Stress.

Think positively, even in difficult situations. This helps to keep you from dwelling on the negative.

Take regular breaks. Each job is unique; requiring breaks to take on different forms. Whether it's taking a walk, getting a cup of coffee or even stretching, mini breaks throughout the day can help improve focus and productivity.

Be active. Most experts recommend 150 minutes of aerobic activity each week. Find an activity you enjoy, and make it a priority. Finding a "work out buddy" can help keep you accountable as you work toward your goals.

Eat well. A well-balanced diet, consisting of foods from each of the five food groups (grains, vegetables, fruits, dairy and proteins), is imperative to your health and well-being. The U.S. Department of Agriculture's newest food guide, called MyPlate, encourages consumers to make healthier choices. Visit choosemyplate.gov to learn more.

Relaxation and sleep. It's important to give yourself time to slow down. Listening to music, reading a book, and practicing yoga are all techniques that encourage relaxation. It's just as important to implement good sleep habits. Getting enough sleep each night is one of the best ways to help you manage stress.

If these techniques don't help alleviate stress, there are professionals who can help. Make an appointment with your primary care physician to discuss your situation and possible treatment options. Need a physician? Call our Physician Referral Line at **866.757.6248** or visit sjmed.com and click on "Find a Physician".

News You Can Use: D.O.T.

The US Department of Transportation's (D.O.T.'s) mission is to "Serve the United States by ensuring a fast, safe, efficient, accessible and convenient transportation system that meets our vital national interests and enhances the quality of life of the American people, today and into the future". To learn more about the D.O.T.'s 2014 guideline changes as they pertain to your industry and our community, visit www.dot.gov.

Work Well. Live Well.

Updates from Occupational Health Network

Providing unique, quality health services to organizations in our community.

Quarter 1



S. Rob Joneja, MD

Office Hours

Monday	8 am – 5 pm
Tuesday	8 am – 5 pm
Wednesday	8 am – 5 pm
Thursday	8 am – 5 pm
Friday	8 am – 5 pm

Walk-in drug screens accepted
8 am – 4:30 pm, Monday – Friday.

Schedule an Appointment

Call **574.335.8150** to schedule an appointment or learn more about how Occupational Health's services can benefit your organization and employees.

Preventing the Flu at Work

Steps you and your employees can take to avoid the flu this winter.

Influenza (the flu) is highly contagious, affects the respiratory system and is often times confused with a cold. Symptoms typically associated with the flu include fever, cough, runny or stuffy nose, sore throat and fatigue – unlike other viral illnesses that can cause an upset stomach, vomiting and diarrhea.

The flu usually comes on quickly, with symptoms appearing 1 to 7 days after you come into contact with the virus. That's why it's important to learn how you can avoid catching or spreading the flu, and why it's so important to stay home from work if you think you are ill.

Get vaccinated. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months and older receive the flu vaccine. Talk to your physician about getting the flu shot if you have not had one yet for this season. **Wash your hands often**. Whether at work or home, make a point to carry hand sanitizer with you and use it frequently during the day. Cough into your sleeve and always avoid touching your eyes, nose and mouth. Avoid sharing food, utensils, cups and bottles to minimize the spread of germs with others.

Stay home. If you are sick with flu-like symptoms, the CDC recommends you stay home for a minimum of 24 hours after your fever is gone. This helps ensure you are not spreading germs to the people around you.

Always seek the advice of a qualified health provider if you have questions regarding your medical condition or before starting any new treatments.





Beating Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that occurs at a certain time, or season, each year – typically in the winter. People who live in places with long winter nights are at greater risk of SAD. The symptoms of SAD are very similar to those associated with other forms of depression. Sufferers often experience:

- Feelings of hopelessness
- Increased appetite (and subsequent weight gain)
- Increased lethargy
- Loss of interest in work and social interactions
- Feelings of unhappiness and irritability

You are always encouraged to discuss your symptoms and treatment options with your healthcare provider. Like other forms of depression, antidepressant medication and talk therapy can be effective ways to control your SAD.

Light therapy is another option that can help you successfully manage your symptoms from home. Light therapy uses a special lamp with a very bright light that mimics light from the sun. Typically, treatment is started in the fall or early winter and carries through until the seasons begin to change. On average, people who are exposed to the lamp 30 minutes per day begin to see improvement in their symptoms in 3 to 4 weeks.

Seek medical help immediately if you have thoughts of hurting yourself or someone else. **Always seek the advice of a qualified healthcare provider** if you have questions regarding your medical condition or before starting any new treatments. Need a primary care physician? Call our Physician Referral Line at **866.757.6248** or visit **sjmed.com** and click on “Find a Physician”.

Here are some ways to help manage your symptoms at home:

1. Get enough sleep.
2. Eat healthy foods.
3. Take medicines right away and discuss side effect management with your **healthcare provider**.
4. Learn to watch for signs that your depression is getting worse, and have a plan ready if it does.
5. Exercise more often.
6. Participate in activities that make you happy.
7. Do not use alcohol or illegal drugs.

The Importance of Lifting Techniques

According to the U.S. Occupational Safety & Health Administration (OSHA), “Back disorders can develop gradually as a result of microtrauma brought about by repetitive activity over time or can be the product of a single traumatic event”. That’s why it’s so important to learn, and implement, proper lifting techniques into your daily routine.

Both employers and employees share responsibility in the workplace when it comes to following safety guidelines and preventing injuries. Below are a few tips to keep in mind when lifting heavy and/or awkward objects while at work.

1. Know your employer’s policies on work-place safety. They have been established to keep you safe!
2. Participate in all safety training events.
3. Keep work spaces free from clutter and potentially dangerous debris.



4. Before lifting a heavy object, determine where it needs to be placed and the path that offers the easiest route for transfer.
5. Engage your core muscles, and always lift with your legs – not your back.
6. Ask for assistance or make multiple trips for objects that are too heavy to be moved safely.

Contact your employer with specific questions regarding safety policies and guidelines. Think you may have a back or work-related injury? Your employer can help you determine next steps.

Taco Dip Recipe



- *Heart Healthy
- *Diabetes Friendly
- *Gluten Free

Ingredients
1 lb. ground turkey breast
4 fresh tomatoes, chopped
1 tsp. chili powder
1 tsp. Worcestershire sauce
1 garlic clove, minced
¼ tsp. dry mustard
1 c. grated reduced-fat cheddar cheese
2 c. shredded lettuce
1 tbsp. chopped fresh cilantro
Corn tortilla chips, optional

Preparation
Lightly coat a skillet with nonstick cooking spray and heat over medium-high heat until hot. Add turkey and cook until browned. Add tomatoes with their juice (reserve some tomatoes for garnish), chili powder, Worcestershire sauce, garlic and dry mustard. Stir and bring to a boil, breaking pieces of tomato. Reduce heat and simmer for 15 to 20 minutes, or until thickened.

Top dip with sour cream, cheddar cheese, lettuce, reserved tomatoes and cilantro. Serve with tortilla chips, if desired.

Yield: 8 servings

Nutrition Facts (per ¼-cup serving):
Calories: 126
Fat: 4g
Saturated Fat: 2g
Cholesterol: 47mg
Sodium: 192mg
Carbohydrates: 5g
Fiber: 1g
Protein: 17g

** Nutritional information is based on ingredients listed and serving size; any additions or substitutions to ingredients may alter the recipe’s nutritional content.*

For more healthy recipes, visit: sjmed.com/healthy-living and click on “Healthy Recipes”.